

/66 cont./

245 prevent the seedlings from withering. According to the Miao the tea plant is very sturdy and can resist the cold. It blooms in the ninth and tenth months, the flowers being white in color, and fading in the eleventh month. After the second and third months, "blisters /p'ao/" form, which can be picked and eaten, [262] They taste sweet and sour, and are often sold by the Miao [443] women at the market place. During the seventh and eighth [439] months the fruits ripen, and after being picked they are dried in the sun for three or four days. They split open themselves, disgorging two or four seeds. The seeds also must be dried in [258] the sun in order to make them dry and crisp, so that they will not get wormy and to insure a lot of oil when expressed.

258 Tung and tea seeds both yield oil. The Miao sell these [439] seeds to the Chinese oil stores, few Miao people expressing the oil themselves. The few who do express tea oil still use a local method. The sun-dried tea seeds are pounded into bits in a [412] mortar. Then they are dry-fried in a pan. Then water is added and brought to a boil. As bubbles of oil float on the surface of the boiling water, they are scooped out with an iron ladle and [415] placed in a bowl. The bubbles of oil are heated again to make the water evaporate, and the residue is tea oil. The residual paste of the tung or tea seeds after the oil has been expressed is called tung paste or tea paste respectively. The tung paste [241] can be used as fertilizer. The tea paste can be used as soap [388] for laundry and also can be ground into powder to be thrown [226] into the river to cause fish to suffocate so that they can be caught easily.

314 Wild indigo plants grow abundantly everywhere in the Miao [249] area. Although the Miao know how to cultivate indigo plants, they also gather wild indigo for dyeing. Wild indigo plants are one to two kung ch'ih in height. A big one has a stalk as thick as a man's thumb, a lone plant without any side branches, reaching toward the sky. The leaves are small and oval in shape, and contain a great deal of indigo. Every year in the eighth and ninth months when the weather is still warm and before the frost comes, the indigo leaves are at their most luxuriant. The Miao go out in numbers to pick wild indigo leaves.